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2011 Annual Report

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2011 ANNUAL REPORT

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BIG

Connection

Extension is your local connection to university research-based information



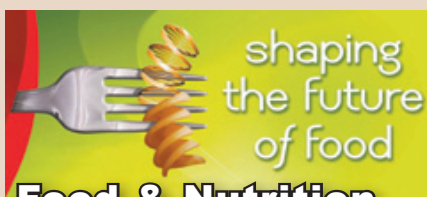
4-H & Youth

- Clubs, school enrichment, after-school & more
- Developing life skills & leadership
- Hands-on projects, science & technology
- Volunteerism & service



Farms & Acreages

- Livestock & crop production
- Acreage living
- Urban agriculture
- Water resources



Food & Nutrition

- Nutrition & cooking
- Food safety
- Stretching food dollars



Home & Families

- Home environment, safety, energy & consumer education
- Parenting, families & relationships
- Family & Community Education (FCE) clubs



Pests & Wildlife

- Pest identification
- Insect, spider & wildlife education
- Low-toxic solutions



Yard & Garden

- Plant & pest problem diagnosis
- Master Gardener volunteers
- Horticulture education
- Managing water resources

Land-grant universities work with the people they serve. University of Nebraska–Lincoln teaches, discovers new knowledge through research, and extends this research-based information across the state through Extension programs.



Extension Educator Barb Ogg helps present an annual termite hands-on school for pesticide applicators and others. This year, 38 people attended — totalling more than 200 attendees in the six years it has been presented.



Extension Educator Sarah Browning (at right) is a regular panelist on "Backyard Farmer." Ratings for the popular garden show reached an all-time high in 2011, reaching 23,500 households across Nebraska. The show also received thousands of hits on its YouTube channel.



Extension Educator Maureen Burson presents monthly Guardianship Training Classes approved by the Nebraska Supreme Court. This year, 347 total guardians attended one of 22 trainings Maureen presented.

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Outreach

UNL Extension in Lancaster County develops and delivers educational programs which strengthen individuals, families, businesses, and communities

UNL joined the Big Ten Conference this year. Eight of the Big Ten institutions are land-grant universities with Extension outreach.



Extension Educator Tom Dorn presents annual trainings for private, commercial, and noncommercial pesticide applicators. This year, 497 total applicators attended one of eight trainings presented.



Extension Educator Lorene Bartos (upper right) presents several Family & Community Education (FCE) and community leader training lessons each year. In 2011, attendees at four trainings learned how to present specific lessons to other groups. Extension Educator Alice Henneman (second from upper right) helped present a food-related lesson last year.

<http://lancaster.unl.edu>
= **BIG** connection + outreach

BIG

Community Value



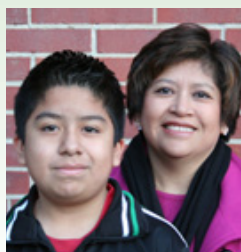
"Barb Ogg has been a valuable resource in my work with child care facilities. Her willingness to provide pest management training and work individually with child care professionals has made a positive impact on our community."

—Gina Egenberger, Lincoln-Lancaster County Health Department Children's Environmental Health Educator



"I found out cover crops definitely protect the soil and are beneficial for wildlife. I still have a lot to learn on how to manage cover crops."

—Calvin Paschold, ag producer



"After the Nutrition Education Program presented lessons to the Everett Elementary School's parent group, my son and I have been eating less salt. Other parents report they are now aware of portion sizes and their families are eating more vegetables and fruits."

—Elizabeth Montes, Nutrition Education Program graduate and Lincoln Public Schools Spanish Bilingual Liaison



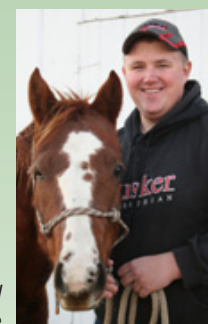
"The Guardianship Training was invaluable with understanding the requirements for guardianship."

—Range Shaw and Bowman Shaw, Guardianship Training participants



"The Master Gardener program gave me an increased level of knowledge on horticultural subjects, and a new understanding of our community gardens. It has been great sharing my love of gardening with others through the program."

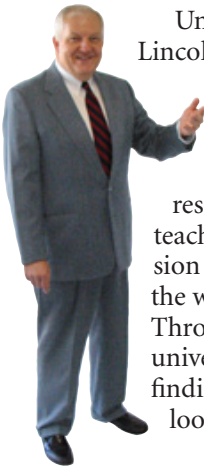
—Elaine Booth, UNL Extension Master Gardener volunteer



"4-H has done a wonderful job preparing me for college as an Animal Science major. Horse quiz bowl, hippology, and judging — paired with the work my 4-H leader and Extension staff have done — helped lay a strong foundation for my college education."

—Cory Peters, 10-year 4-H member and UNL freshman majoring in Animal Science

Partners with Nebraska



University of Nebraska–Lincoln Extension contributes in a “big way” to the university land grant system — your university. Bringing university resources to you through teaching, research, and extension education strengthens the well-being of our state. Through partnerships, our university contributes to finding solutions to many looming challenges.

For example, how will Nebraska contribute to feeding a global population projected to exceed nine billion people by 2050? Considering increased living standards in many countries, demand for food, energy, and water will likely double. While impressive research has already increased crop yields requiring less water and energy, the need continues for even more important discoveries.

As an agricultural state, we are a recognized leader in food production. We no longer produce food just for Nebraskans but for people in other parts of the world. During our nation’s recent economic challenges, Nebraska’s agricultural strength has significantly contributed to a comparably healthy economy. With exciting investments and partnerships such as the new UNL Innovation Campus, our state is wisely positioning itself to find solutions to the major global challenges of tomorrow.

Locally, our Extension educators, associates, and staff are proud to be part of our state’s only land grant university. We are equally proud to serve as a Lancaster County department through a partnership investment in facilities, staff, and operating budget. We value local leadership from our Extension board and 4-H Council, and appreciate the increased capacity we gain through local partnerships and thousands of great volunteers.

For many years, the UNL Extension partnership with Lancaster County has contributed to our community through 4-H/youth development; teaching and advising on foods, nutrition, families, home environment, horticulture, pest management, and agriculture.

Enhancing economic well-being through education, using non-biased, research based information from your land-grant university is what we are all about.

Gary C. Bergman

UNL Extension Educator & Unit Leader

Lancaster Extension Education Center Conference Facilities

As part of Extension’s commitment to community learning, the Lancaster Extension Education Center conference facilities are available to other nonprofit and governmental organizations at a nominal cost. In 2011, more than 5,744 hours of conferences and meetings were held in the facilities.



UNL Extension training for military serving on Agribusiness Development Team in Afghanistan, held at the Lancaster Extension Education Center conference facilities.

Jennifer Rees, UNL Extension in Clay County

BIG Impact

Since 2000, the Nutrition Education Program School Enrichment Kits have increased nutrition education in qualifying Lincoln classrooms from an average of two hours to 11 hours per classroom per year. To date, 43,089 students from 2,254 classrooms (grades K–8) have benefited from more than 23,000 total hours of teaching. Teachers have noticed students choosing healthier foods and improving their eating habits.



In the 2010–11 school year, NEP taught nutrition in 361 Lincoln classrooms to more than 7,000 students.

Extension Educator Sarah Browning helped present two-day Good Agricultural Practices (GAP) Trainings at five locations in Nebraska, including Lincoln. A total 133 commercial fruit and vegetable growers increased their knowledge of good agricultural practices and used these practices in their production operations enabling them to maintain or improve the safety of their produce by preventing contamination with microbial pathogens. Three months after the program: 74% implemented a health and hygiene training program for all employees; 59% implemented a system to clean all harvest equipment on a scheduled basis.

Less than a week after USDA unveiled the new MyPlate icon in June, Extension Educator Alice Henneman created a PowerPoint and online slideshow of “Choose MyPlate: Selected Consumer Messages.” The webpage has received 18,595 pageviews. 238 visitors completed an evaluation, of which 92% indicated they planned to use it to reach a potential of 45,077 people; 87% indicated they learned something new. The PowerPoint also was posted on SlideShare.net which has received more than 23,000 views and as a YouTube video which has received more than 7,300 views.



Barb Ogg shows a charity organization how to inspect donated beds for bed bugs.

Extension Educator Barb Ogg is known as a bed bug expert. This year, Barb gave 55 bed bug presentations to agencies, businesses, non-profit organizations, daycare providers, and schools — as well as medical, real estate, and pest control professionals — totalling approximately 2,400 total attendees. She also consults with hundreds of renters and homeowners who have bed bugs.

Nebraska RentWise is a six-module educational program for renters. Extension Educator Lorene Bartos taught 41 classes to 348 low-income renters. In Lincoln last year, 81% graduated from the program (completed all six modules). Many participants report they have improved their abilities and knowledge as renters, and have made positive changes.

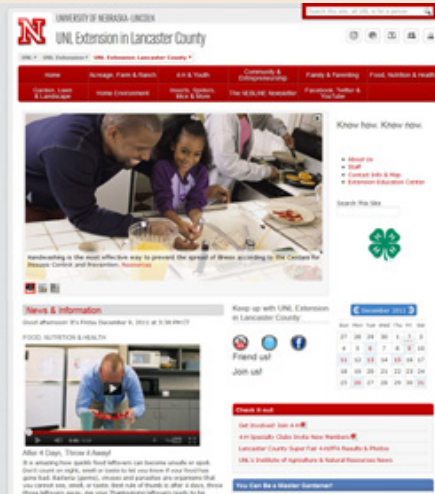
Since 2001, Extension Educator Tom Dorn has helped present 17 Computerized Farm Financial Recordkeeping Trainings to representatives from 212 farming operations. Attendees at this year’s training reported: 100% indicated they learned how to keep a more complete set of financial records; 80% indicated they learned how to keep a more accurate set of records.

Extension’s statewide Parents Forever classes helps divorcing parents implement positive parenting skills and are approved by the Nebraska Supreme Court. This year, Extension Educator Maureen Burson presented 20 classes to 187 total parents who care for approximately 329 children. Evaluations indicate after the class: 99% understand the effect of divorce on children (compared with 66% prior to the class); 94% understood how to develop a co-parenting plan (compared with 55% prior to the class).

http://lancaster.unl.edu is Your 24/7 Local Extension Connection

Hundreds of thousands of people access UNL Extension in Lancaster County’s website to find answers to questions and solutions to problems 24 hours a day, 7 days a week, 365 days a year. The website contains thousands of pages of content and is updated daily. Extension’s educational materials often show up near the top in search engine results.

This year we expanded our social media outreach to give you even more opportunities to connect at your convenience. Join the conversation — ask questions, give feedback, and share your experiences. On our Facebook and Twitter pages, staff post instant updates on programs and timely resources. The new 4-H Facebook page is a special place for 4-H families, volunteers, and alumni to connect. Our YouTube and new Flickr channels are great places to watch informative videos and view photos from local events and programs.



BIG Honors, Awards, and Accomplishments

Extension Associate Tracy Anderson

- YWCA Tribute to Women “Outstanding Women”
- Excerpts from Master thesis, “The relationship of student employment to student role, family relationships, social interactions, and persistence” reprinted in textbook, “Student Success in College: Doing What Works!” by Christine Harrington

Extension Educator Lorene Bartos

- Lancaster County Agricultural Society Hall of Fame
- YWCA Tribute to Women “Outstanding Women”
- President of the Family & Consumer Sciences section of Nebraska Cooperative Extension Association (NCEA)
- Member of the Eastern Nebraska 4-H Center Site Board

Extension Educator Gary Bergman

- Co-investigator Agriculture & Food Research Initiative (AFRI)-Childhood Obesity Prevention grant
- Co-presented a workshop, “Garbology: a 4-H School Enrichment Program Focusing on ‘Reduce, Reuse, Recycle,’” at National Urban Extension Conference
- President of the Nebraska Resource Conservation and Development Association
- Past-president of the Eastern Nebraska 4-H Center Site Board

Extension Educator Sarah Browning

- Statewide Distinguished Educator Award presented by UNL Extension
- 10 years of service with UNL

Extension Educator Maureen Burson

- President-elect of the Family & Consumer Sciences section of Nebraska Cooperative Extension Association (NCEA)

Administrative Aide II Kay Coffey

- 10 years of service to Lancaster County

Extension Associate Marty Cruickshank

- YWCA Tribute to Women “Outstanding Women”

Extension Educator Tom Dorn

- Treasurer of the Nebraska Agribusiness Club
- North Central Regional Vice Chair of the National Search for Excellence Committee, National Association of County Agricultural Agents (NACAA)

Extension Educator Alice Henneman

- Article published in *Journal of Extension* (August, 2011), “Making Your Online Video Viral,” co-authored with Joanne Kinsey, Rutgers Cooperative Extension
- Presented a session, “Creating a Website that Brings Together Gatekeepers from Farm to Factory to Fork,” at Society for Nutrition Education national conference
- Presented a session, “Easy Ways to Use Social Media to Extend Your Extension Audience,” at National Extension Association of Family and Consumer Sciences conference
- Presented national webinars to American Dietetic Association Food & Culinary group, NEAFCS, and eExtension Families, Food & Fitness team



Lorene Bartos was named to the Lancaster County Ag Society Hall of Fame (pictured with Board President Ron Dowding).

Extension Assistant Teri Hlava

- Co-presented a workshop, “Garbology: a 4-H School Enrichment Program Focusing on ‘Reduce, Reuse, Recycle,’” at National Urban Extension Conference



Virginia Piening was recognized for 45 years of service with UNL (pictured with UNL Chancellor Harvey Perlman).

Staff Secretary II Virginia Piening

- 45 years of service with UNL
- Retired after 41 years of service with UNL Extension in Lancaster County Expanded Food and Nutrition Education Program (EFNEP).
- Pioneer Farm Family Award (with Burdette)

Extension Associate Julie Rasmussen

- 15 years of service with UNL

Extension Technologist Dave Smith

- President of Community CROPS Board

Extension Educator Karen Wobig

- Presented a poster session, “Efficient and Effective Nutrition Education in the Classroom,” at Society for Nutrition Education national conference

Extension Associate Dana Willeford

- Promoted from Extension Assistant to Extension Associate

Greg Nathan/University Communications

**BIG**

Benefit to Youth

"Communities benefit when they support 4-H.

Youth who participate in 4-H learn life skills, science, technology, leadership and citizenship."

—Lancaster County 4-H Council



4-H Clover College is a four-day series of hands-on workshops held each June. This year's Clover College featured 52 workshops and 734 total registrations.

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. Emphasis is on developing life skills through learning-by-doing.

Lancaster County 4-H consists of:

- **Organized Clubs** — 115 clubs ranging from 5 to 67 members and led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually work on one or more projects together.
- **Independent Members** — With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth and families work independently on 4-H projects.
- **Projects** — Youth can choose from numerous 4-H projects. Project manuals are developed by experts and most project manuals have leader guides.
- **School Enrichment** — 4-H programs for classrooms include: Garbology (2nd grade), Embryology (3rd grade), Ag Awareness Festival (4th grade), earth wellness festival (5th grade), and Nutrition Education Program (K–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards.
- **After-School Programs** — 42 Lincoln after-school/summer site programs have incorporated 4-H projects and/or county fair exploration activities into their programs.
- **4-H Embryology Website** — EGG Cam and other resources at <http://lancaster.unl.edu/4h/Embryology>.
- **Educational Events** — 4-H staff organize events such as Clover College, workshops, contests, and leader trainings.
- **Leadership Opportunities** — 4-H Teen Council, 4-H Council, and more.



Nearly 530 fourth graders from local schools attended the Ag Awareness Festival in April at the Lancaster Event Center. Extension Assistant Cole Meador also assisted at the Ag Awareness Festival in October at UNL's Agricultural Research and Development Center near Mead.



Five Lancaster County 4-H'ers achieved the top level of Nebraska 4-H Horsemanship — Level IV.

In the past year, Lancaster County 4-H reached nearly:

- 1,237 club members
- 410 independent members
- 1,292 youth in after-school and summer programs which incorporated 4-H activities
- 18,643 youth in 4-H school enrichment programs

Several Lancaster County 4-H horse members represented Nebraska at the national All American Quarter Horse Youth Congress and 4-H & FFA Western National Roundup contests. Elli Dearthmont and Hannah Ronnau earned national champions with their team demonstration "Gut Reaction."



At the 2011 Lancaster County Super Fair, nearly 700 exhibitors showcased more than 5,400 4-H/FFA exhibits (including static exhibits, Clover Kids, animals, and contest entries).



Approximately 3,800 third graders in 151 classrooms at 51 schools incubate, candle, and watch eggs hatch as part of the 4-H Embryology school enrichment program.



Garbology means the study of garbage. More than 3,100 second graders in 160 classrooms at 51 schools participate in the 4-H Garbology school enrichment program which includes hands-on experiments.



"Without the outreach provided by the Extension's 4-H staff, a large number of youth in Lincoln would miss out on the BIG impact 4-H has on our community. As a Lincoln Parks & Recreation director of quality out-of-school programs called community learning centers, I see on a daily basis the value our youth receive through 4-H's hands-on projects."

—Ryan Mohling, Lancaster County Extension Board member and Community Learning Center Site Supervisor at Everett Elementary School

"The Lancaster County Extension office and staff are a crucial part of the Lincoln Public Schools science curriculum. The staff are valuable resources who are willing to share their expertise with LPS students and teachers — helping to create meaningful learning experiences for children of Lincoln."

—Kirsten Smith, Lincoln Public Schools Curriculum Specialist for Science



The Lancaster County Livestock Judging team represented Nebraska at the National 4-H Livestock Judging Contest.

**BIG**

Community Service



The Family and Community Education (FCE) clubs are an educational, social, and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership, and action. Lancaster County FCE's emphasis is on community service and sponsoring a scholarship. Annually, FCE awards a \$400 scholarship.



Lancaster County FCE Council and members hosted the statewide FCE Annual Leadership Conference in 2011 which drew 77 members from across Nebraska.

BIG

Volunteerism

Last year, UNL Extension in Lancaster County programs benefitted from approximately **1,743 volunteers investing 25,510 hours of time for a total value of \$425,252!*** Volunteers contributed to 4-H, Master Gardener, Family Community Education (FCE), and other Extension programs.

In addition, 4-H and FCE members often volunteer in community service projects.

* Independent Sector values volunteer time in Nebraska for 2009 at \$16.67/hour.

Food & Nutrition

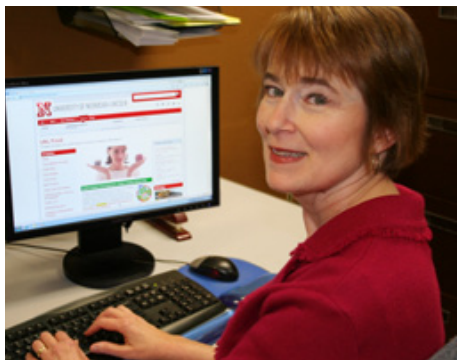
To help people learn how to eat healthier, Extension blends nutrition, food safety, and food preparation information into practical actions people can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local programs (such as PowerPoints and handouts) also are made available on the Internet for around-the-clock access, both locally and nationwide. They are promoted and shared via various social media: Vimeo, SlideShare, LinkedIn, Twitter, Flickr, and Facebook. As an example, a community program she delivered in cooperation with BryanLGH about healthy eating using master mixes, drew a live audience of over 400 persons and the materials on the Internet have received over 5,500 views. Alice chairs a committee of about 30 UNL staff to develop materials for Extension's statewide Food website at <http://food.unl.edu>. Topics include food safety, local foods, meat products, home food preservation, food processing/business development, food allergies, and youth/4-H.

The Lancaster County Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP receives funding from USDA through the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

Last year, Lancaster County NEP reached:

- 819 enrolled program families (1,718 teaching contacts).
- 7,318 youth (13,121 teaching contacts) at 26 schools and other sites.
- 78 older adults (357 teaching contacts) at six senior sites.



Extension Educator Alice Henneman leads Extension's statewide food.unl.edu website.



Extension Associate Mary Abbott developed nutrition kits containing hands-on activities for 6th, 7th & 8th grade health classes.

Grant Addresses Childhood Obesity

In 2011, UNL Extension received an Agriculture and Food Research Initiative competitive grant to address the childhood obesity issue in the Lincoln community. The \$947,093 grant will be used to replicate the highly successful Lancaster County Nutrition Education Program's school enrichment kit program which is currently only available to income qualifying schools. All Lincoln Public Schools will now have access to nutrition kits containing hands-on educational experiences designed to enhance the school health curriculum. Teachers will be trained on the usage of kits in their classrooms and the importance of healthy eating. The five-year "Growing Healthy Kids Thru Healthy Communities" also provides for parent/community involvement through a "Family Meal Night" component.

Home & Families

Extension Educator Lorene Bartos shares her expertise on home maintenance, indoor air quality, energy conservation, safety in the home, and recycling through THE NEBLINE, Extension's website, her weekly column in the *Lincoln Journal Star*, and other outreach methods. She presented or helped present numerous workshops including RentWise, child care provider conferences, and community training lessons.

Extension Educator Maureen Burson presents Parents Forever and Guardianship Training classes in Lancaster County and Southeast Nebraska. She is also a part of Lincoln's Children of Parents Experiencing Divorce (COPED) coalition.



The Window of Opportunity Child Care Conference had 137 attendees.

Yard & Garden

UNL Extension plays a vital role in protecting human health by teaching Nebraskans how to create healthy, sustainable, and diverse landscapes that are energy and water efficient, as well as less dependant on pesticides. Fewer pesticide applications means less chance for human exposure, and reduced potential for chemical residue to end up in lakes and streams. Extension Educator Sarah Browning and Extension Associate Mary Jane Frogge assist area residents and green industry professionals via phone calls, walk-in requests, email questions, publications, and Internet resources.

The Extension Master Gardener Volunteer Program provides participants with 40 hours of classroom training on a core curriculum of horticulture topics, and in return they give back 40 hours of volunteer service to their community. Master Gardener volunteers extend the reach of Extension education by teaching yard waste composting, a program developed in partnership with the City of Lincoln Solid Waste Recycling program. Master Gardeners also assist in maintenance of demonstration landscapes, including the People's City Mission vegetable garden where they teach residents how to care for and harvest garden crops.



In 2011, 33 Master Gardeners volunteered 1,466 hours.

Urban Agriculture

With the growing importance of urban agriculture, a statewide website at <http://food.unl.edu/urbanag> was created to focus on Extension's many resources in this area. Extension's statewide team members from Lancaster County are co-leaders Gary Bergman and Sarah Browning, as well as Alice Henneman and David Smith.

Diagnostic Services

Throughout the year, Lancaster County residents bring plant samples, insects, pests, and wildlife "signs" to UNL Extension in Lancaster County. A free service, Extension horticulturists and entomologists identify weeds, diseases, and insects in and around the home and garden, and make recommendations about the best way to help manage these problems.



Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. Emphasis is on low-toxic control methods, whenever possible. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, email questions, publications, presentations, workshops, and radio. Extension's popular pest and wildlife website reaches a global audience with research-based resources including videos. Ogg partners with community organizations and industry professionals in training and disseminating pest control resources and assistance. Bed bugs are a growing problem in Lincoln and other Nebraska communities, particularly in low income families who cannot afford professional treatments.

Farms & Acreages

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts, and an up-to-date website. He is Extension's statewide contact for grain storage questions. Some of the agricultural programs presented this year include: Private and Commercial Pesticide Applicator Trainings, Nutrient Management seminars, and a Farmland Leasing Arrangements workshop.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management, and alternative crops profitable for acreages. Extension offers an Acreage and Small Farms Insights website at <http://acreage.unl.edu>.

Production ag and acreage resources are online at <http://lanaster.unl.edu/ag>.



UNL Extension coordinates **distribution and application of biosolids*** to agricultural cropland for the City of Lincoln. Over the last 19 years, more than 545,000 tons of biosolids have been recycled, increasing soil nutrients, organic matter, and crop yields. Because of the high cost of phosphate fertilizers, biosolids are increasingly in demand by area farmers. This biosolids recycling program will increase the life of the North Bluff Landfill by 4.9 years.

* Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as an organic fertilizer for crops not in the human food chain.